

TIPS:

Hospital Discharge

When your child with medical needs goes home from the hospital, he or she should have a written care plan. This plan, which is developed with hospital staff, is called a **discharge plan**. The discharge plan will help make sure that your child has a safe return home.

The following checklist can help you prepare to be part of the discharge team and identify the specific services that may need to be arranged for your child to return home safely.

Checklist

- ☐ Have you received written information about your child's condition?
- ☐ Do you understand the information you received about your child's condition?
- ☐ Have you been trained on how to provide your child's care?
- ☐ Have you been told what your health insurance covers?
- ☐ Have you been told about publicly funded benefits and services and how to get them?
- ☐ Has the hospital begun discharge-planning meetings? Have staff and other important people you needed been present at the meetings?
- ☐ Has a home care agency been identified? Has nursing coverage been confirmed?
- ☐ Have durable medical equipment suppliers been identified? Has a delivery date been set?
- ☐ Has an Emergency Response Plan been developed? Have the appropriate community providers been informed? (primary and specialty physicians, local hospital, ambulance provider).
- ☐ Have public utilities been notified to place your child on priority status for restoration during emergencies? (police, fire, public works, electricity).
- ☐ Has staff reviewed housing accessibility with you?
- ☐ Where will equipment be stored and what adaptations may be needed?
- ☐ Have you identified back-up caregivers?
- ☐ Have you identified support for yourself? (family, friends, church, community)
- ☐ Have you gotten referrals to appropriate programs? (Such as: DPH Care Coordination, Early Intervention, community agencies).
- ☐ Has the school system been contacted?

Being prepared for new and emergency situations is an important part of discharge. Having a profile of your child's needs may help others provide care during these times. Consider putting the following information into a three-ring binder and have it with your child at all times.

- ⇒ Child's name, address, date of birth.
- ⇒ Basic medical and physical information and history of illness.
- ⇒ Your child's way of communicating and a list of likes and dislikes
- ⇒ Name and telephone number of health care team members and equipment and supply vendors.
- ⇒ Current medications including administration, dosage, potential side effects and storage.
- ⇒ List of equipment and supplies.
- ⇒ Current plans of care.
- ⇒ Outline of a typical day for your child.
- ⇒ Emergency names and telephone numbers.
- ⇒ Religious and cultural considerations.